

## APPS FOR TEENS (and young adults) Meditation & Mindfulness

**Affirmation Reminder:** <https://play.google.com/store/apps/details?id=com.youarecreators&hl=en>

Select from a list of positive affirmations or make your own to add as reminders.

**Aware:** <https://play.google.com/store/apps/details?id=com.mindfulness.aware&hl=en>

Daily mindfulness meditation techniques, including energizing activities and breathing practice.

**Breathe:** <https://play.google.com/store/apps/details?id=uk.co.jatra.inout&hl=en>

An app that assists in controlling your breathing.

**Calm:** <https://www.calm.com>

Audio-visual naturescapes, deep breathing guides, narrated bedtime stories.

**Colorfy:** [https://play.google.com/store/apps/details?id=com.fungamesforfree.colorfy&hl=en\\_US&gl=US](https://play.google.com/store/apps/details?id=com.fungamesforfree.colorfy&hl=en_US&gl=US)

Paint color and drawing app. More than 1000 designs to choose from. Promotes relaxation and calm.

**Headspace:** <https://www.headspace.com>

Perfect for beginners or teens who have no prior experience with mindfulness. Voice-guided meditation exercises, daily meditations, and meditation tracking capabilities.

**Insight Timer:** <https://www.insighttimer.com>

Perfect for self-motivated teens who have some level of experience with meditation. Ability to personalize the meditation experience.

**Moodtrack Social Diary:** <https://apps.apple.com/us/app/moodtrack-social-diary/id549251057>

Helps teens to identify and track their moods to bring better insight into their emotions, feelings, and triggers of stress.

**My.Life (formerly known as Stop, Breathe & Think):** <https://stopbreathethink.com/>

Designed for teens and young adults. Helpful for improving self-awareness in adolescents. Emotion identification and targeted mindfulness exercises.

**Sanvello-Anxiety & Depression:** <https://play.google.com/store/apps/details?id=com.pacificlabs.pacifica&hl=en>

Tools for mindfulness, meditation, relaxation, and health/mood tracking.

**Better Sleep-Sleep Tracker:** <https://play.google.com/store/apps/details?id=ipnossoft.rma.free&hl=en>

White noise and calming sounds for sleeping and meditation.

**Smiling Mind:** <https://www.smilingmind.com.au/>

Especially for adolescents, but includes meditation exercises for every age and stage of life. Guided meditations and meditation tracking capabilities.

**The Mindfulness App:** <https://play.google.com/store/apps/details?id=se.lichtenstein.mind.en&hl=en>

Mindfulness tools to help you become more present in your daily life with guided and silent meditation sessions.

**Three Good Things:** <https://oatmealapps.com/three-good-things>

Mindfulness app. Journaling the positive to increase wellbeing and reduce depressive symptoms.



We have created this list of popular apps to aid in the exploration of mindfulness and meditation. Some apps are free and others require a subscription. Please note before trying. These apps are not a substitute for physician recommended physical/mental health & wellness care. If you need support, please reach out to a parent or other trusted adult for support.